

# ANCHOR WATCH

January-March 2013





# CP O 365

Chili Cook-Off  
2013 Winners



CTRC (SW) JASON ERWIN



CTRC (IDW/AC) ERIN PIAZZA



CTIC (IDW/SS) RAY WOODS

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ANCHOR WATCH  
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Navy Information Operations Command Maryland Sailors were recently part of a Sailors to Sea initiative geared toward getting Sailors who have never been to sea, to sea.

The Sailors were volunteers identified by their department's chain of command. This is the first time NIOC has participated in this program and the command focused on Sailors who would benefit from seeing what other Sailors outside of the Information Dominance Community do at sea.

The Sailors to Sea program was the brainchild of our Command Master Chief with input from the Chief Petty Officers Mess.

"We felt that since we have such a large number of first term Sailors and Sailors in rates that may never have the opportunity to be assigned to a sea-going command that this would be an outstanding opportunity to get them onboard a ship, at sea, and experience that side of Naval service," said Senior Chief Kurt Mazi.

The group learned about the ins and outs of living underway, and some of the stresses that come with working in an operational setting.

"Our Sailors worked in rates very different from their own and really gained an appreciation for their afloat counterparts," said ENS Cameron Kovarek. "They were able to see what their efforts at Fort Meade are ultimately supporting, and how hard everyone works to bring all of the moving parts of the Navy together."

The plan is to do this every other month or so but that may move a little based on availability of units getting underway for short periods and funding to move Sailors from Fort Meade to Norfolk where the ships are. However, with the initial response from the Sailors that went and number of Sailors the command has heard are looking forward to getting a chance to participate, the command is hoping to find a way to continue to support the program.

Kovarek said she was impressed at how eager everyone was to talk about what their jobs entailed and to teach her more about their rates.

"I went on the trip hoping it would help me to decide whether or not I want to go afloat for my next tour," said Kovarek. "Now, I know I definitely do."

# SAILORS TO SEA INAUGURAL TRIP

Story by Terrina Weatherspoon

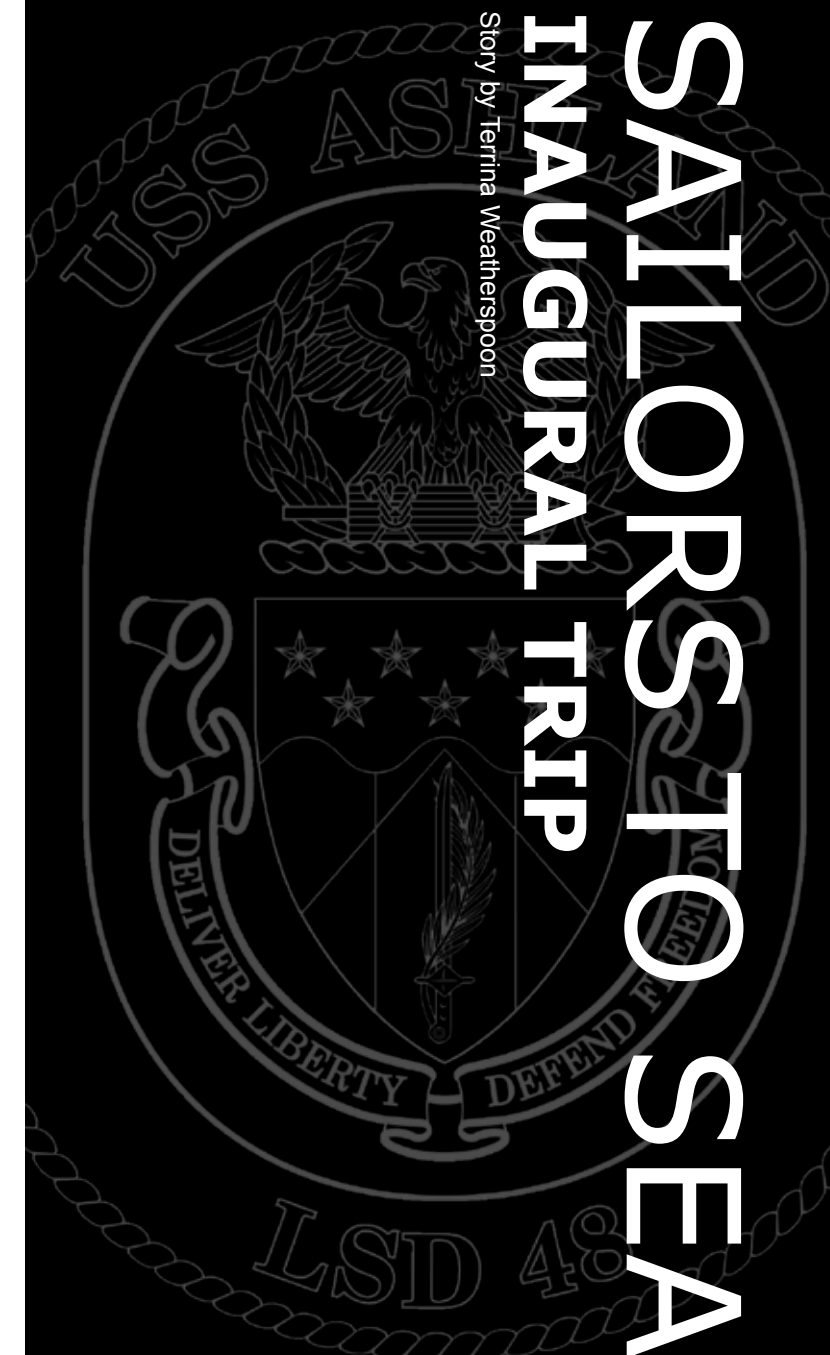


Photo by Paul Farley



# Detecting and Avoiding Automobile Fraud

By LT Ronnie Beasley

The purchase of an automobile is second only to a home as the most expensive purchase many consumers make. Unlike the purchase of a home where realtors and lawyers are often involved to guide consumers through the process, when purchasing a car you are entirely on your own. Auto dealers can spot and often seek out junior sailors, with little credit when they wander into the dealership to purchase their very first car. That's why it's important to know how to make a smart deal and avoid auto dealer fraud.

Auto dealer fraud is a term that describes deceptive, unlawful business practices used by automobile dealers. The trickery begins with false advertisement and continues with the negotiation, pricing, and financing of a vehicle.

False Advertising: The most frequently used false advertising techniques involve the misrepresentation of pricing. For instance, to get a consumer in the door dealers will advertise a particular model car for a particular price, but will claim to no longer have the car in stock when the

consumer arrives for purchase. At that point, the consumer who has already come to the dealership in hopes of leaving with a car is offered an older model car for the original price advertised.

Negotiation: Once the dealer has the consumer in the dealership, he sells the consumer on what he represents to be "the best deal" made by the dealership. To settle any reluctance on the part of the consumer, the dealer explains that if for any reason the consumer changes their mind within the next three days, the dealership will accept the car back and return the down payment or trade-in to the consumer. Beware, there is no such thing as a three day right to cancel. This is an entirely false statement used by dealerships who are aware of this common misconception and play on the consumer's lack of knowledge.

Financing: When it comes to financing dealerships employ many tactics to ensure that financing is done at the bank of their choosing. What dealerships won't represent is that they get a kickback from banks when bumping up the consumer's interest rate. If the consumer doesn't agree to financing at a higher interest rate, the dealer will convince the consumer that because of their poor credit better financing would be impossible to obtain. Or, if a consumer decides to use their own bank to finance the purchase, the dealer will offer to finance at what seems to be a lower rate. The dealership will promise to beat the interest rate offered by the consumer's financial institution, allow the consumer to take the car home, and then call the consumer days later to say that the financing at the cheaper rate fell through. This practice is called "Yo-Yo dealing". The representation of poor credit and the falling through of financing often times forces the naïve first time car buyer into financing a car through the lender recommended by the dealership and usually at a higher interest rate.

Before stepping foot into a car dealership, it is important that you contact your financial institution so that you know what you want, what you can afford to spend, and how you are going to finance your purchase. Without educating yourself about the process of purchasing a car, you can be susceptible to deceptive practices and tactics employed by car dealers. If you believe yourself to be a victim of auto fraud, before taking legal action you are required to contact the dealer to give them an opportunity to remedy the problem. You may also contact the state agency that governs consumer protections. (In Maryland the Consumer Protection Division at the Attorney's General's Office) This article is not intended to substitute for the personal advice of a licensed attorney.



## LOW BACK PAIN

Almost every adult has low back pain at some point in his or her life. Leading a sedentary lifestyle at work and at home will lead to loss of muscle tone and could cause low back pain. Suddenly starting an intense workout routine can cause pulled muscles. Lifting heavy weights when de-conditioned can cause sprains, strains and muscle spasms, in addition to vertebral disc bulges and herniations. The best way to combat low back pain is to stay fit. Focus on having flat abs, a strong back and a healthy weight. If you have a sedentary job, make sure you exercise five times a week, sit up straight with your feet on the ground, and take breaks to stand, stretch and walk. If you have to lift a heavy object, ask for help and use your quadriceps and abdominal muscles to lift (not your back). When pregnant, try to only gain the weight recommended by your OB/GYN and keep active before and after the baby arrives. Lastly, quit smoking because it slows blood flow to your spine. If you have low back pain, try using a cold pack over the painful area immediately and take over-the-counter anti-inflammatory medication like Tylenol or Motrin. Try using a heating pad over the area the following day to lessen muscle spasms. Call your doctor if the pain continues.

Questions? Ask LT Buikema and read this website for more information: [http://www.ninds.nih.gov/disorders/backpain/detail\\_backpain.htm](http://www.ninds.nih.gov/disorders/backpain/detail_backpain.htm).



## ALCOHOL'S LESSER KNOWN EFFECTS ON THE BODY

The weather is warming up, so you may find yourself invited to barbeques and other gatherings that include alcohol. You should always have a designated driver to make sure no one drinks alcohol and then operates a vehicle. You may know that alcohol significantly impairs your judgment. What may not be known are some of the other effects of alcohol on the body: for example, why are you so tired the day after drinking? Alcohol reduces the production of ATP (the body's energy source). It also interferes with your normal sleep pattern by shortening REM sleep, which is vital for memory. This lack of sleep decreases production of human growth hormone, which is needed for muscle formation. Lastly, alcohol lowers your level of testosterone and can damage all levels of the male reproductive tract. Volunteering as the designated driver and refraining from drinking hopefully sounds pretty good to all of you now!

Questions? Ask LT Buikema. Check out this website for more information: <http://oade.nd.edu/educate-yourself-alcohol/your-body-and-alcohol/>



# “ROCK ON, LEAD ON.”



Chances are if you have been around Navy Information Operations Command Maryland for any length of time, you’ve met the heart and humor of the command, the Executive Officer.

Hailing from San Diego, Calif., CDR Rachel Joy Velasco-Lind’s West Coast attitude is apparent in everything from her talk to her swagger. And she’s always ready to tell a joke – you can only hope she’s not the only one laughing.

She’s tougher than her 5 foot nothing frame would lead one to think and she’s proof that great things come in small packages. Honestly, she’s a teddy bear – A really loud, really busy, and really intimidating teddy bear.

Her two-year tour with NIOC is coming to a close, and as she prepares to head back to San Diego as the Commanding Officer of the NIOC there, she pauses to reflect a bit on her career, her lessons learned and her beloved NIOC MD Sailors.

“I care a lot about my Sailors,” said Velasco-Lind. “It’s possible sometimes for senior officers to become removed from their people. I am always trying to make sure that doesn’t happen. I pay attention to pop culture and it helps me communicate with a different generation. Staying relevant helps me adjust, and helps my Sailors feel like they can talk to me.”

As a mother of two, one half of a military couple, a basketball coach and a Sunday school teacher, not to mention helping to run an extremely large command, it’s an understatement to say Velasco-Lind is busy.

“Tomorrow is Dr. Seuss Day at my child’s school,” she said. “He wants to go as Thing 2. He was very specific. So at some point between everyday work stresses, PT, last minute command issues, piles of folders to review, and a 40-minute commute, I have to get his costume together from somewhere. My biggest challenge in life has always been finding that balance.”

And sometimes that 40-minute commute just isn’t enough buffer time, she said.

“My goal is always to stay afloat,” said Velasco-Lind. “The command has doubled in size since I was here as a department head years ago. It helped having prior knowledge of the command, but there is definitely a faster battle rhythm.”

Another difference Velasco-Lind takes notice of is questions and the method Sailors use to seek answers.

“In my day you asked your leadership for answers,”

she said. “Sometimes the answer didn’t come right away, but your chain of command would research it and get back to you. You could trust the information you were being given and you had someone you could attribute. These days there is no patience. People are quick to turn to the Internet to solve all of their problems. This leads to a generation of Sailors who are more comfortable online than in life. That’s why I make it a point during indoctrination to tell Sailors to please be patient with the process of things and make your chain of command work for you.”

Velasco-Lind knows she also has to be patient with the process of things. Even as she sits at her desk she fiddles with items on her desk from baseballs to pens to stress reliever desk toys from Fleet and Family Support Center. She does all this while answering questions from people just popping in and rolling back and forth in her chair.

“I have self diagnosed ADD, I sure do,” she said. “I’m getting ready to transfer in just under 60 days, I haven’t been able to think. I don’t even know where I’m going to live. But it is what it is, and I am what I am. I’ve been mentored by my peers, guided by my seniors, and trained by my chiefs. I’m going to be just fine.”

And she will. But she will also be missed.

“Rock on, lead on. Invest in your Sailors. Do what’s always right. It’s cliché, but it’s what I’ve got for you.”

And that’s no joke.





**SHOGUN**  
FIGHTS

cast  
**BUSINESS CLA**



Story by Terrina Weatherspoon  
Images provided by John Meyer

**INSIDE THE CAGE** 



Mixed Martial Arts is a sport that takes, takes and takes some more. It takes years of dedication and training. It takes extreme commitment and endurance. And most of all it takes a willingness to get hit in the face on purpose.

“Getting punched in the face isn’t fun for anyone,” said LT Nate Grebb, a Navy Information Operations Command Maryland S3 Sailor and professional MMA fighter. “If someone tells you it is, they are either lying or crazy. I think trying not to get punched in the face is fun.”



Grebb, who started Martial Arts training at the age of 9, has always loved MMA. He started at the YMCA training American Kenpo for about a year. When he was 10, he and his dad joined Yi’s Martial Arts Institute, a Tang Soo Do school, where he trained until he left for college. He progressed to the rank of 3rd Degree Black Belt under Grandmaster Ki Yun Yi.

Grebb entered the Naval Academy in 2001 after seeing the academy’s Karate Team compete at a local tournament. He said he was impressed by both their skill and professionalism. As he grew older he said he realized serving his country was what he wanted to do, and the academy was a good entry point, both in providing a path for his service and his passion, Martial Arts.

Grebb was on the academy’s Karate team, a club sport, for four years, and served as the team’s captain his Junior and Senior year. It wasn’t easy, but it was worth it.

“My Navy training has taught me a lot about the ability to manage my time and maintain the needed discipline to succeed,” said Grebb. “And this sport helps me be a better officer. It teaches me a lot about myself. How far I can push, how easily I will quit, how much mental pressure I can handle, how I handle defeat, how I handle victory. Also it gives me self awareness, which without a doubt makes me a better officer and person.”

Martial Arts was always in Grebb’s plan, but MMA cage fighting, not so much.

“When I was young, training in Martial Arts, MMA was in its infancy. The Ultimate Fighting Championship started in the early 90s and was considered barbaric,” said Grebb. “As the sport evolved, so did I. I began cross training in Brazilian Jiu Jitsu, and other styles molding myself into a well-rounded fighter. Once I felt I had the skill level to be successful in MMA, it was of course something I wanted to do.”

But it takes a lot more than just wanting it.

“In addition to mastering several styles of Martial Arts, MMA requires an exteme level of physical conditioning and nutrition,” said Grebb. “Personally, when I am in training camp for an upcoming fight, I do conditioning work five to six days a week at 6 a.m., and training sport specific Martial Arts in the evening.”

Grebb hopes to make it to the UFC. His goal is to become the best fighter and instructor he can be so he can one day run his gym, BJJ Conquest, LLC, which he currently co-owns, full time.

His advice to others seeking out MMA fighting is

not to rush into the cage.

“The sport has become very popular, and thus you see younger and younger guys jumping into the cage way before they are ever ready. MMA is exactly that, a mixture of several styles. You need to take the time to learn those individual styles first and understand what elements from those styles work for you when faced with adversity. Find a school you can trust, with instructors that will take care of you. And make sure your chain of command knows all about it!”

How often Grebb fights varies from year to year, but four fights a year is what he said is the right amount and part of his goal for 2013.

“MMA is the purest form of sport. Two competitors, head to head, locked in a cage, with minimal rules, and only one can come out victorious,” said Grebb.

“That challenge is the part I enjoy, and in my opinion it’s worth the occasional punch in the face.”

\*You can read more about Grebb and MMA training at [www.bjjconquest.com](http://www.bjjconquest.com). Additionally Grebb would like to thank his Brazilian Jiu Jitsu instructor Vicente Junior, and his training/business partners Kail Bosque and Lance Trippet.





# GOING FULL CIRCLE



Navy Information Operations Command Maryland has added one more to the family. Chaplain Ridley, a former CTM, will be taking over for Chaplain Springer.

No stranger to the intelligence community, Ridley joined the Navy 12 years ago as a CTM. He was stationed on the USS Lake Erie. During his tour on Erie he said he had a lot of time to reflect on his life and to read. It was during that time that he felt he got his first calling to full-time ministry.

However, the road ahead wasn't going to be easy. After leaving the Erie, he headed for recruiting duty.

"I did not want to do that," said Ridley. "I was fighting it the whole time. But it turns out it was exactly what I needed."

It was during that time that he learned about the Chaplain Candidate Program. He ended up recruiting himself and spent the next three years at seminary.

Ridley was commissioned in 2002.

"I would have never pursued the ministry if not for recruiting duty. I learned so much there and was able to make an informed choice, which has turned out to be such an incredible opportunity."

Having spent a large part of his career at sea, Ridley is looking forward to having a place to truly hang his hat. He said he looks forward to having the time, not only to spend with NIOC Sailors, but also his family, both here and in North Carolina.

"I would like to eventually retire in North Carolina, but I don't think my wife will go for that," said Ridley. "She loves Maryland."

Ridley's last duty station was the USS San Diego. He pre-commissioned it and rode it to San

Diego. He said he will miss the crew, but he is looking forward to a new adventure.

"The biggest challenge for me here will be staying visible," said Ridley. With 2,000 Sailors spread across a 15-mile radius it is hard to be available to everyone, but I'm going to try my best."

Ridley wants NIOC Sailors to know that he is their advocate.

"People are sometimes afraid I will be too religious or spiritual. But we are advisors to the CO and we can be a big influence. We have a lot of useful information and we can offer solid advice. However, if you don't bring us in you will face adversity alone, and no one should have to do that."

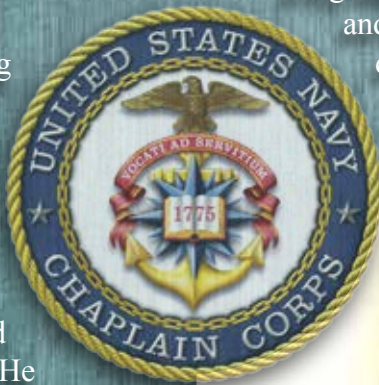


photo by ITC(SW/AW) Jason Hanscom

# Bad to the BONE ... (Ok, Good to the Bone)

Story by Terrina Weatherspoon

Somewhere there is a 32-year-old woman with leukemia who is thanking her lucky stars for the generosity of a perfect stranger.

The C.W. Bill Young Marrow Donor Center is making miracles happen with the help of people like you, me and Petty Officer Second Class Kenneth Keisel here at Navy Information Operations Command Maryland.

In 2004, while stationed onboard the USS Louisiana, the C.W. Bill Young Marrow Donor Center came to the ship and asked for volunteers to give DNA samples," said Keisel. "A lot of the crew volunteered."

Although Keisel likes to volunteer, as voluntary deployments have shown, after more than five years had passed since giving his DNA, he figured he would never be contacted. And then the call came.

"At first I was a little worried," said Keisel. "I heard it really hurts and at the time I was the only person in my office and I don't like being gone or leaving gaps. However, I like being able to help someone, and I wish more people would take the time to do it. It's Bone Marrow. A lot of people need it and it will grow back, so why not!"

The process is a bit lengthy. Keisel will get a shot of Filstagram at 9 a.m. every day for five days. The shot basically makes bone marrow mass produce blood stem cells. On the fifth day he will get a shot at



7 a.m. and then they will begin collection, which is similar to a blood transfusion process. Blood leaves one arm, goes into a machine that separates the stem cells and platelets from the blood and then it sends the rest back into the other arm.

The procedure will take three to five hours depending on how his body is handling the procedure.

"At this point, I'm not worried about the procedure," said Keisel. "I'm more nervous about the drug side effects and navigating through D.C. traffic."

If you are interested in donating DNA to see if you could possibly be a match for someone, contact the C. W. Bill Young Bone Marrow Center. They pay for everything, take care of the entire process and will make sure all of your questions and concerns are addressed. It's never too late to give someone a second chance.



“IF YOU  
WANT SOMETHING,  
Go get it.  
PERIOD.”



- Chris Gardner



# Black History Month Ceremony

14 February 2013

Captain Timothy White  
Commanding Officer

Navy Information Operations Command Maryland

We are here to celebrate Black History Month. I suspect that for some of you in the audience this has a more personal connotation than it might for others. Regardless, I know we all benefit from these celebrations and I understand why it is important that we understand the origins of ourselves, our service, and our nation.

One of the good things about history is its accessibility simply because we share it. We can always find common ground when looking in the rear view mirror. Perhaps we can find common cause as we reflect on the "why" of this or the "how" of that and more importantly, perhaps we can apply what we've seen and observed to our collective future and continue to grow as people and a nation.

I offer a couple of thoughts on our nation's history:

## 230 YEARS AGO

1781 - British Army surrenders at Yorktown (as a consequence of Naval power and maritime blockade I might add) 1783 with the TREATY OF PARIS, a new nation is conceived. This led to a series of ignoble choices. Codified in our Constitution in 1787 and captured in our society. Some have called this our own "original sin."

## 150 YEARS AGO

1863 was perhaps a Golden Year where common ground // common cause // and common purpose came together -

The Emancipation Proclamation ... enacted after the Union Victory at Antietam SEP1862. The single bloodiest day in American history.

The Gettysburg Address ... in NOV1863 following the Battle of Gettysburg in JUL1863 ... sometimes referred to as the "high water mark" of the Confederacy. Thus began the mechanism by which our Nation CONFRONTS the failure of our original sin ... and measures how we fell short of our national character. In this measure, its military leads the way.

Formation of the first all African American regiments.

- 54th Regiment, Massachusetts Volunteer Infantry
- 1st Regiment, South Carolina Volunteers (Union)

13th Amendment ... Spring 1865, passed during a lame duck session of Congress between the NOV1864 election and the MAR1865 inauguration.

Perhaps some of you have seen the movie LINCOLN. Well-crafted and whilst it is too cavalier to say that Hollywood gets it right and accurate, this version seems fairly right and largely accurate. But, like many stories, perhaps its real value is drawing us into the light and making us take interest.

Let me illuminate ... contributions of African Americans in the defense of our nation are not, and never have been, "isolated" nor "rare."

African-Americans fought in defense of the nation during the War of 1812.

The famed BUFFALO SOLDIERS fought across the western frontier, winning several Medals of Honor, and after the USS MAINE, where among those who lost their lives were 20 African-American Sailors, this same regiment fought in the Spanish American War winning ever more accolades.

1941 and PEARL HARBOR: A NAVY CROSS was awarded to PO3 Dorie Miller for manning a machine gun on the decks of the Battleship WEST VIRGINIA during the Imperial Japanese attack.

In February 1944 the United States Navy commissioned the first African American Naval officers ... later to be known as the Golden Thirteen. You can see their photos and information on these fine men on the wall in a hall of the Pentagon.

July 1948, President TRUMAN moves to desegregate the nation's military ... why was that a hard issue? It seems pretty darned simple....

It is fundamentally wrong to ask anyone to fight and die for their country in segregated units.

## 50 YEARS AGO

Why did it take another 100 years and the March on Washington and the famous address by the Reverend Martin Luther King Jr. in 1963 to anchor this change? And ... when confronted with this history and our nation's current challenges, what is the answer to the question: Is this change complete and is it enough?

Just yesterday, the Navy announced the winner of the HARRY S. TRUMAN COM2EX "Dirty Harry" award for excellence in surface gunnery: The USS GRAVELY. Named after the first African American to command a USN warship (THEODORE E. CHANDER), to command a USN warship under combat conditions (TAUSSIG), to command a major naval warship (JOUETT), to become a Flag, to rise to the rank of Vice Admiral, and to command a United States Fleet - COMTHIRD-FLT.

This is what I like so much, and take such pride in for our Navy, and what our Nation's military represents on so many levels and across so many fronts. For in our world, independent of origin, regardless of race, constrained by nothing, and no matter the color of our skin, we choose a different color, we find common ground, and we adopt a core value system, and we become exceptional in the profession of arms -- that is the power of our uniform. We are stronger TOGETHER ... whether blues, greens, khakis, camouflage, or pick your battle rattle.

So now is both when we remember history and where we value cultural diversity ... but let us always look to the future and think of anticipated posterity. And let us not wait until the "month" hits to recognize what everyone brings to the fight.